

## CWSF 2011 - Toronto, Ontario



### Tanas Sylliboy, John Stevens

#### REZ Diet

**Challenge:** Health

**Category:** Senior

**Region:** Mi'kma'q First Nation

**City:** Eskasoni, NS

**School:** Eskasoni High School

**Abstract:** Rez diet is a study that was conducted to help understand and determine the health problems particularly diabetes, heart disease and obesity caused by the changing diet and lifestyle of first nations people.

#### Biographies

Tanas - My name is Athanasius Sylliboy, I am a grade 12 student at Allison Bernard Memorial High School in Eskasoni. My hobbies include photography and kickboxing. I have participated in many activities at my school, the 30-hour famine, Eskasoni Media Project, Aboriginal Business Competition called E-Spirit. My team created a business plan called L&A Photography. We travelled to Ottawa to compete against other aboriginal students from across Canada. Finally, I participated in my schools Envirothon team. We learned everything about our soils, forestry, aquatics, wildlife and pollution prevention. I also participated in extra-curricular activities in m...

John - My name is John Stevens, I am 19 years old. I live in the biggest Mi'kmaq Reserve called Eskasoni. I am attending Chief Allison M. Bernard Memorial High School located in Eskasoni. My hobbies include playing video games and watching movies. I have been accepted to the Bachelor of Science Program at the Cape Breton University for the Fall of 2011. My goal for the future is to be nurse at the Cape Breton Regional Hospital.

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